Consumer Sense Notes

By OCIE M. MACK
Extension Agent

Families who are planning to buy a Kerosene heater for the coming winter should be aware of the new changes that have taken place and safety practices that should be followed when using the heater.

According to the Consumer Product Safety Commission, heaters that meet the voluntary standards' new requirements, which became effective March 15, 1984, have additional safety features not necessarily present on heaters manufactured before that date. Look for these added safety features when purchasing a Kerosene heater. These newer model heaters have improved guards or grills that reduce risk of accidental contact burns. These new heaters are also equipped with a manual shut-off device which allows for a quick shut-off during emergency situations, such as high flaming in the wick/burner area of the heater. Also, identifiable on the newer heaters are cautionary labels that stress the use of water-clear 1-K Kerosene as the ONLY fuel for the heaters, and NEVER gasoline. Be sure the heater has been tested and approved by a nationally recognized testing laboratory and is correctly sized for the area you wish to heat.

Increasingly, heaters are now being equipped with a positive wick-stop mechanism which prevents the wick from being retracted to a hazardously-low setting. Ask for this important safety feature.

There are a number of safe practices to follow when using a Kerosene heater. Follow these safety rules:

**Use only water-clear 1-K kerosenes as fuel for your heater.

**Always place the heater at least three feet from combustible materials.

**Use the heater only in rooms open to the remainder of the house.

**Do not use the heater in areas where flammable vapors are present, such as around gasoline and some paints and solvents.

**Set the wick height according to manufacturer's directions. Never turn the wick down low because it may produce very high internal heater temperatures which may pose a fire hazard.

**Do not let children operate or refuel heaters.

**Do not leave an operating heater unattended. Never have the heater turned on when you sleep.

**Do not move, service or refuel your heater while it is operating or still hot.

**Refuel the heater outdoors away from flammable materials.

**Store Kerosene away from your living area, preferably outdoors, in a well-marked container, and out of the reach of children.

**If you have breathing problems, consult a physician before you use a Kerosene heater.

If you already own a Kerosene heater and plan to use it again this heating season, you should follow not only the above safety rules, but also these additional ones:

**Rinse the tank and reservoir with water-clear 1-K kerosene only, especially if heater is dirty or was stored with fuel in it. NEVER USE OLD KEROSENE! Return the kerosene used to rinse the heater and any old kerosene to a service station for disposal.

**Inspect the operation of the wick mechanism and emergency shut-off device to assure that both operate correctly.

**Inspect the wick for tar deposits. If the wick has hard crusty deposits, it needs to be cleaned or replaced to prevent possible flare up.

**Replace the ignition glow plug if the filament is broken or badly deformed. Replace batteries if necessary.

**Check the burner chimney for any carbon deposits and carefully remove any deposits with a rag or brush. Replace damaged or broken chimney components such as wire coil, wire domes, or glass collars.

**Any other problems with your Kerosene heater should be corrected by trained personnel. Check with your dealer for location of the nearest authorized service center.

Have a warm and safe winter!

STUDENTS WHO ARE STUDYING government at Appomattox County High School had an opportunity to gain first-hand experience in the political process during this year's general election. Students volunteered to work for the party of their choice, manning phone lines and performing other tasks. Participants in the volunteer program shown here include (front, from left) Carolyn Cheatham, Tracy Trent, James Bohannon, Jr., Troy King; (back row, from left) Lynn Padgett, Shelly Franklin, Victoria Warley, Richard Steadman, Robert Taylor, Lonny Hamlett, and Gary Cuccia, government teacher.

Yesteryears

Compiled by FRANCESS ABBITT

50 YEARS AGO

On Page one....Road From Appomattox To Bent Creek Completed.

The long-desired, hard-surfaced road from Appomattox to Bent Creek has been completed. The splendid new highway, giving new, modern transportation to one of the finest sections of the county was completed Tuesday of this week.

The road cuts off something over two miles of the distance from Appomattox to Bent Creek, and its neighboring town of Gladstone.

Oakville, Bent Creek, Gladstone and even Amherst will be next door to Appomattox. The section just completed is from Oakville to Appomattox. The half from Oakville to Bent Creek has been finished for several months.

Malcolm Coleman, 13, son of Joel W. Coleman, is recently reported to have killed a white deer near Hixburg. The boy was rabbit hunting at the time.

In Yellow Valley news....

Mrs. Willie Ida Cawthorn of Appomattox spent several days recently with her daughter, Mrs. T.J. Cawthorn.

The dance given in the home of E.A. Covington last Friday night was well attended.

In local notes....

Little Bobby Mitchell, the son of Mr. and Mrs. E.T. Mitchell will sing over station WLVA Saturday afternoon at 2 p.m.

10 YEARS AGO

On page one...

Henry B. Pack, Appomattox Mayor confirmed the town's support for a strong military reserve force today by signing a Statement of Support for the Guards and Reserves.

Reported in local news....

David Repass and daughter Sherri Repass both killed a deer on Sat., Nov. 30.

At Wilbun's Market....

Chuck Roast 69 cents per pound and Rib Steak, $1.49 per pound.

Raiders basketball team drop opener to Jefferson Forest.

Guill's Texaco and Grocery....

Sirloin Steak $1.59 per pound; Ground beef 79 cents per pound.

Appomattox County High School senior choir to present Christmas concert under the direction of Karen Gibson.

5 YEARS AGO

On page one....

Cheryl Walton, daughter of Mr. and Mrs. Lloyd Walton, was state winner in this year's 4-H Consumer Education Program sponsored by Montgomery Ward.

On page one...

Steve and Richard Conner members of the 1979 State 4-H Meat Team from Virginia placed third in National Meats Program in Kansas City.

ONE YEAR AGO

Headline on page one....Local Economy Is on Upswing, Bankers Note.

Page one...Horace Coleman outgoing member of the Appomattox County Board of Supervisors and William S. Kerr, outgoing Appomattox County Commonwealth Attorney honored. Mrs. Nancy Long, secretary to Kerr, honored for her work in the Commonwealth Attorney's office.

Mullers Bakery opens doors on Route 24 opposite Triangle Plaza Shopping Center. Shelby and Harry Muller who moved to Appomattox from Haverstown, Pa. say they are having a difficult time keeping the display cases full of various baked goods they offer.

Holt wins poster contest

Kevin Holt of Appomattox won the senior division competition of the Virginia Farm Bureau's Southside District poster contest.

Holt received an award for the honor at a recent women's luncheon during the 1984 Virginia Farm Bureau annual meeting in Norfolk.

PTA plans coffee meeting

The Appomattox Primary School PTA will hold a morning coffee gathering Dec. 13 at 9:15.

Mrs. Debbie Hamlett won the doorprize, a handsome bookcase, at the PTAs last meeting.

At that meeting, plans for the PTA's current project, "Pennies for Ethiopia," were completed. A jar has been placed in every room at the primary school, so children can bring their pennies in to help the starving children of Ethiopia.

Ruritans plan contest

The Pamplin Ruritan Club is sponsoring a Christmas doorway decoration contest in the Pamplin area. Cash prizes will be awarded to those placing first, second and third following judging by a committee of the Appomattox Garden Club, December 21.

Individuals wishing to have their doorways considered are requested to notify Mrs. W. C. Dudley on or before Dec. 20. "This is our first Christmas decoration contest and we don't want to miss anyone," says Robert S. Miner, club president.

Elliotts attend seminar

On Tuesday, Nov. 27 the Rev. and Mrs. C.L. Elliott attended a Christian Seminar at the Green Tree Inn. Following the seminar dinner was served.

The guest speaker had traveled in England, Germany, and Japan.

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Arrington, Doss will marry

Teresa Arrington and Timothy Doss
Photo by Robert Pankey

Mr. and Mrs. Mac Arrington of Concord announce the engagement of their daughter, Teresa Arrington to Timothy Gordon Doss of Appomattox, the son of Mrs. Ralph Reiter and the late Henry Allen (Dee) Doss.

Miss Arrington is a graduate of Appomattox High School and is employed by Food World in Appomattox.

Mr. Doss is also a graduate of Appomattox High School and is employed by C.E. in Lynchburg.

The wedding is planned for December 28, 1984 at 7 p.m. at Appomattox Baptist Temple.

No invitations will be sent. All friends and relatives are invited to attend.

For 50th anniversary

Celebration planned

Friends and family members are invited to attend a 50th wedding anniversary reception honoring Harry and Venice Meado on Sunday, Dec. 16 from 2 p.m. to 4 p.m. in the Red Oak Baptist Church Fellowship Hall.

Those who will attend are asked to bring no gifts. If you have a special memory or thought for this occasion, bring it in written form for a memory scrap book for the couple.

Times-Virginian
SOCIAL

Cheatham, Harvey to marry

Cheryl Cheatham
Photo by Allen Austin

Mr. and Mrs. George Cheatham of Appomattox proudly announce the forthcoming marriage of their daughter, Cheryl Renae to Jerry Robert Harvey, Jr. son of Mr. Jerry Harvey and Mrs. Dolly Sowell of Spout Spring.

Miss Cheatham is a graduate of Appomattox County High School and is attending Central Virginia Community College. She is employed by Commerical Nuclear Fuel Plant of Babcock and Wilcox.

Mr. Harvey is also a graduate of Appomattox County High School and attended Central Virginia Community College. He is employed by Cardinal Chevrolet as Service Manager.

The wedding is planned for February 2, 1985 at seven o'clock in Trinity United Methodist Church of Concord.

Although no invitations are being sent all friends and relatives are invited to attend.

LBC plans Open House

The Home Economics Department of Liberty Baptist College is sponsoring a Christmas Open House Thursday, Dec. 6, from 10 a.m. to 6 p.m. in Science Hall 109.

This year the department's theme is "Proud Past - Promising Future," celebrating in conjunction with the 75th anniversary of the American Home Economics Association.

On display will be representative projects from each of the 10 courses taught this semester. The course, Fundamentals of Nutrition, will offer free dietary analysis by computer to all visitors, and students from the Food and Culture course will take an ethnic and anthropologic look at food and culture and will have samples of various ethnic foods.

Many other projects and demonstrations will be included and the public is invited to stop by for refreshments.

Oakville club plans dinner

The Oakville Home and Garden Club will have its Christmas Family Dinner at 6 p.m. Saturday, Dec. 8 at the Oakville School.

Each member is requested to bring a vegetable and salad or dessert. Meat and drinks will be furnished.

There will be entertainment after dinner.

On balanced diets in college

By SHIRLEY W. WALTON
Extension Agent

Good News For Homemakers
HOME ECONOMICS

By the time young people get to college many know what foods they should eat for a well-balanced diet, but, as we know, college students don't always select those foods and neither do we.

This one point that was most obvious from a recent study done with college freshmen at the New Mexico State University Agricultural Experiment Station. This survey given to these students had been conducted for a number of years, annually, in the introductory courses in agricultural economics, agricultural business, animal science, range science, wildlife science, home economics and elementary and secondary education.

The survey is designed to give researchers an indication of factors which influence food choices and eating habits. They also allow researchers to track changes and trends in eating behavior. Included in the survey are questions on food habits such as eating breakfast, lunch and dinner, drinking milk and eating foods with ascorbic acid. We find that the milk and fruit groups are many times the ones lacking in our diets. It also addressed the problem of snacking between meals and choosing foods specifically for health purposes. The survey was designed to reveal actual food choices versus food preferences.

The survey showed some definite trends and some significant factors that we need to address as we work with you in nutrition education.

For example, mothers play an important role in how students eat after they leave home. The researchers found that if mothers prepared breakfast, students generally continued to eat that meal after leaving home. In addition, students who eat breakfast tend to eat a regular lunch instead of snacking when they are hungry.

When students leave home, they tend to drink more soft drinks and coffee and eat more candy and hamburgers according to survey data. They drink less milk and eat fewer sandwiches, ice cream, cake and fruit.

The survey found most students critically lacking milk in their diets. In the 1976 survey nearly 2/3 of the men and 3/4 of the women students drink less milk than the two servings recommended by USDA's Institute of Home Economics. One-fourth of the students drink milk less than 3 times a week (this can create a serious problem for these young people as they get into their middle years).

In general, students are more conscious of selecting food for health reasons today than they were when the survey was first taken. Students are eating more fruit and vegetables. Although they do not drink enough milk, we drink milk today that was reported 10 years ago.

In addition, students indicated on later surveys that they chose high protein foods for health purposes and more take vitamins than ever before.

One survey question reads, "Suppose a friend of yours spent the weekend away from home and came back raving about the marvelous meal she had eaten. What do you think she might have had to eat for breakfast, lunch, and dinner?"

This question was designed to give researchers insight into food preferences. Traditional food items have been listed most, although in the New Mexico State University area some Mexican foods made the recent survey list. For example, leading the breakfast selection of food items preferred by the highest percentage of students are: eggs, milk, toast, bacon and orange juice. Sandwiches, milk, tossed salads, and potatoes are preferred foods for lunch while potatoes, tossed salad and milk are the preferred foods for dinner.

Foods listed but preferred by the lowest percentage of students are sweet rolls and grapefruits for breakfast, green beans and tomatoes for lunch and sour cream and french fries for dinner.

Certain foods such as oranges, orange juice, tomatoes, chili, lemonade, cabbage and broccoli are important to diets because they are high in ascorbic acid. With the exception of tomatoes and orange juice, ascorbic acid foods which students checked as liked and eating regularly are not on the preferred food list.

Data from the survey indicates students do have a basic knowledge of good nutrition, but nutritional information does not necessarily insure its practice. Food habits and food preferences remain extremely personal to most people.

This study has implications for each of us. What are we teaching our children about daily food preferences and how are we helping them to develop habits that will go with them throughout life. These are things that we need to be able to answer in a positive way if we are to provide good nutrition for our families.

If you have a homemaking question or problem, you may call 352-8244, or you may write us at P.O. Box 488, Appomattox, Va. 24522. It is always a pleasure to hear from you and to help you.

Have a good week!

RECIPE OF THE WEEK
Vegetable Salad Vinaigrette

Use:
1 can kidney beans
1 can wax beans
1 can French cut beans
OR:
1 can lima beans
1 can peas
1 can corn
1 can chick peas
OR, add any of these:
1 bunch raw broccoli, cut in strips
Pieces of sliced raw cauliflower
Thin slices of raw squash
Sliced slivers of raw carrot, or cucumber
Heat to boiling:
1/2 cup salad oil
3/4 cup sugar
1 tsp. dry mustard
1/2 cup vinegar
Salt and pepper

Remove from heat and add 1 cup chopped onions and any of the above combinations. Blend and store overnight in refrigerator before serving.

Optional, but will give additional flavor:
1/2 tsp. dill weed
Dash worcestershire sauce
Pinch of basil
1 clove garlic, or 1/2 tsp. garlic salt
1/2 tsp. monosodium glutamate

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